From Stress to Strength: A Worker Wellbeing Summit

November 17-20th, 2026

Marriott on the Falls, Niagara Falls

AGENDA

Tuesday November 17 – Who We Are

1:00 pm – 5:00 pm Registration

3:30 pm Opening Plenary – Oakes Ballroom

- Greetings and Land Acknowledgment
- Equality Statement and UN Declaration 2nd Decade for people of African Descent
- Moment of Silence
- Equity and Indigenous Greeting
- Announcement and Conference Overview
- CUPE National President – Mark Hancock – video remarks
- CUPE National Secretary-Treasurer – Candace Rennick – video remarks
- 4pm - Chris Leonard - Keynote Speaker

5:00 pm Evening Reception

Wednesday November 18th, 2026 – What We Face

8:00 am- 9:00 am Registration concludes

8:15 am – 8:45 am Morning Smudge

9:00 am CUPE Ontario Welcome - Yolanda McLean – President – CUPE Ontario

9:20 am Panel 1 – Safe Work First

- Connecting Work and Mental Health – Danielle Bosse CUPE L. 2286
- Assessing Violence in Work – Alyson Gauthier CUPE L.2737

10:30 am – 10:45 am Break

- Worker Power in the Policy Framework – Andy Ladouceur, USW Health and Safety Director
- Panel discussion

12:10 pm – 1:30 pm Lunch Break

1:30 pm Panel 2 – Unscheduled, NOT Unexpected

- De-escalation: Responding with confidence and competence – Samiya Syeda, CUPE L.4948
- Staff Talks – Alyssa Comstock, CUPE L. 1521

3:00 pm – 3:30 pm Break

- Leveraging solidarity and JHSC Power – Jamie Nyman – CUPE L.1623
- Panel 2 discussion

5:00 pm Conference Ends for the Day

Thursday November 19 – What We Need

8:15 am – 8:45 am Morning Smudge

9:00 am Panel 3 – Worker Action for Worker Well-being

- Peer Support Programs - TBD
- Addressing Toxic Workplaces – Marc DenBok, Trevor Eby, CUPE L.1217

10:30 am – 10:45 am Break

- JHSC and Union Organising for Wellbeing – Michelle Campbell, CUPE L.1734

12:00 pm - 1:30 pm Lunch Break

1:30 pm Breakouts* - Problems to Solve for Worker Wellbeing

- Identity, Culture and Wellbeing
- Safe Work First

3:00 pm – 3:30 pm Break

- Responding to violence, harassment and discrimination
- Recovering from violence, harassment and discrimination

Note: Conference Delegates will participate in each breakout – no need to register for a breakout session.

5:00 pm Conference Ends for the Day

Friday, November 20th, Politics and Solidarity

8:15 am – 8:45 am Morning Smudge

9:00 am From the Workplace to Politics

- From the workplace to the Legislative Assembly - Jamie West, MPP Sudbury
- Finding Solutions – David Chezzi, President and Chair, OHCOW
- Prioritising Wellbeing at Work – Resolutions
- Collective Agreement Gaps – Identification of the problems to solve
- Closing Remarks

12:00 pm **Adjournment**